

Beef Slider with Peach Jerk Salsa

***served with Broccoli with Onions and Garlic and a
Peanut Butter and Banana Roll-Up***

Los Angeles, CA



THIS DISH IS PART OF A MEAL THAT MEETS TARGET 3 SODIUM LEVELS!



THIS DISH FEATURES WHOLE GRAIN TORTILLAS!

Beef Slider with Peach Jerk Salsa

Prep Time: 10 min Total Time: 45 min Serves: 4

Ingredients

- 1 tablespoon oil
- ¼ cup diced yellow onion
- 2 tablespoons lime juice
- 1 cup diced canned peaches in juice, not syrup
- 1 cup diced sweet red bell pepper
- 1 teaspoon Caribbean jerk seasoning
- 4 frozen, full-cooked beef hamburger patties, thawed
- 4 whole grain hamburger buns

Directions

1. Heat oil in a medium saucepan over medium high heat. Add onions and cook until soft.
2. Add lime juice, peaches, red bell pepper and Jerk seasoning to the saucepan.
3. Simmer on low until the peaches have thickened to a jammy consistency.
4. Meanwhile, heat the hamburger patties according to package directions.
5. To assemble the slider, place each beef patty on a bottom bun. Top each with ¼ of the peach salsa, then put the top part of each bun in place.
6. Serve and enjoy!

Peanut Butter and Banana Roll-Up

Serves: 4

Ingredients

4 6-inch whole grain
tortillas
4 tablespoons of creamy
peanut butter
4 bananas

Directions

- 1.** Spread 1 tablespoon of peanut butter on each tortilla.
- 2.** Place a peeled banana on each tortilla and roll-up.
- 3.** Serve and enjoy!